

SIMPLY GOOD FOOD



LIMES

The lime. The most acidic of all citrus, true limes are small, round and yellowish. The larger, greener varieties in most of our markets are actually a hybrid of the Key lime and the citron. Mexico and West Indies supply most of the world with limes.

You've bought and eaten citrus fruits all your life, but did you know that...

*Brownish marks on many citrus are the result of the fruit hitting against the tree branches, and do not affect quality at all.

*The heavier the fruit, the juicier.

*The rougher the skin, the thicker it will be, and thus, the smaller the fruit inside.

*Citrus fruits contain no sodium, cholesterol or fat. They do contain the antioxidant Vitamin C, and can boost your body's uptake of calcium and iron.

Limes can add vitamins, minerals, fiber and lots of fat free flavor to everything from appetizers to desserts. Use this easy chart to tell you how much grated peel a lime will part with.

HOW LIMES MEASURE UP:

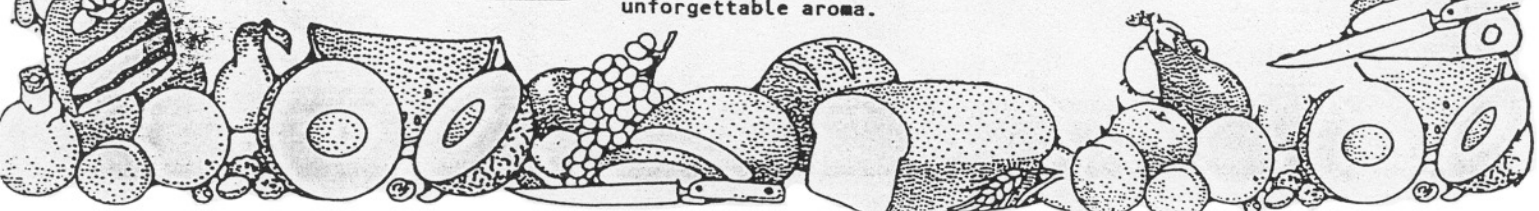
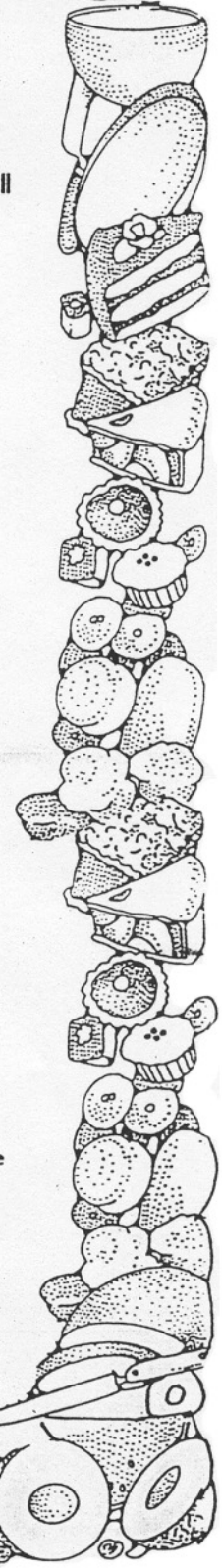
1 lime=
 2 tsp. juice
 2 tsp. grated peel

Like other citrus, limes came to the New World with the early explorers and seafarers. Both California and Florida produce limes commercially. Limes are divided into acidic and sweet types. Only the acidic limes are grown commercially in the United States. Acidic limes are further divided into Tahiti (Persian), a large fruit type, and the Mexican (smaller) varieties, which are called the West Indian or Key limes.

The fruit, ranging from one and one half inch to three inches in length, dark green to medium green in color, sometimes showing, yellow, is a favorite garnish for exotic drinks. Lime juice blends well with other citrus juices, cooler drinks, salad dressings, pies, sherbets, seafood, and melons. A lime with a two-inch diameter, contains one fourth of the RDA of Vitamin C and 20 calories.

KIDS KORNER

Few fragrances can compare to that of a fresh citrus "pomander." Making them is a fun project for kids, too! Simply take whole cloves and press them into the skins of fresh oranges, lemons, or limes. The smell of the oil in the citrus skin mixed with the cloves will instantly fill the room. Fill a bowl for each room, or tie with ribbon and hang over a doorway. Your children will be reminded of their handiwork every time their little noses catch that unforgettable aroma.





SELECTION

Choose limes that are heavy for their size and that have a solid green color. Brown spots will not affect flavor, but avoid limes that are yellowish (they lack acidity) or hard (they are grainy).

AVAILABILITY

Fresh limes come to market all year. When domestic supplies are low in the Spring, they are supplemented with imports from Mexico and the West Indies. Bottled lime juice is also available in most supermarkets.

STORAGE

Refrigerated, limes should keep for approximately one month.

DID YOU KNOW?

The British got their tag "Limeys" from the centuries-ago practice of bringing citrus out to sea to prevent scurvy among sailors.

The reason why we see so many unique citrus fruit - limequat, blood orange, tangelo, citrange, ugli (no kidding - there really is a fruit called the ugli) clementine, citron - is because citrus trees crossbreed so readily, via bees, wind and/or human help.

KEY LIME PIE

- 1/2 cup fresh lime juice (from about 6 key limes)
- 2 to 3 teaspoons grated lime rind
- 1 can (14oz) sweetened condensed milk
- 4 eggs, separated
- 1 prepared Graham Cracker Crumb Crust or homemade baked pastry crust
- 5 tablespoons sugar, or to taste

1. Preheat oven to 400 degrees Fahrenheit. Stir together lime juice, lime rind, and condensed milk until mixture thickens to the consistency of heavy pastry cream. Beat egg yolks until thick and lemon colored; add to milk mixture to make a light custard. Turn custard into pie crust.
2. Beat egg whites until soft, droopy peaks form. Add sugar, 1 tablespoon at a time. Continue beating until meringue is shiny and forms stiff peaks.
3. Mound meringue over top of pie. Bake just until meringue is browned but still tender (about 10 minutes). Cool, then chill before serving.

Supporting State Extension Goal: Health, Safety and Well Being

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